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EL CENTRAL HISPANIC NEWS

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JOBS

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Martín Solís, Leyenda de la Música Tejana recibirá la primera Placa de Reconocimiento Histórico en Mexicantown

Por Eric Guzmán

Martin Solís Jr., un legendario cantante tejano, que fue incluido en el Salón de la Fama Tejano en 2017, recibirá un Marcador Histórico en el suroeste de Detroit, para honrarlo por su música.

Martin Solís, cuya familia emigró de Texas a Michigan después de la Gran Depresión, comenzó su carrera musical en la década de 1950. Comenzó a tocar con sus compañeros de banda Manuel Rivera, Rodolfo y Joe Martínez, quienes se unieron a Solís y formaron la banda, Conjunto Los Primos.

Frank Solís (hijo de Martín Solís), y su esposa Anna Solís son los fundadores de la Asociación Tejana Martin Solís Jr. Y trabajan con el Salón de la Fama de la Música de Michigan para traer un hito histórico y honrar la carrera de su padre y el Conjunto Los Primos.

La Placa se inaugurará, en el verano de 2023 en la Corporación de Desarrollo Comunitario de Mexicantown (MCDC). Kevin Hill, presidente del Salón de la Fama de la Música de Michigan, mencionó que esta Placa será la primera que se relacione con una persona de origen mexicano, en el estado de Michigan, lo cual hace de esto un momento histórico.

Solís y Hill exploraron algunos lugares diferentes, pero fue Anna Solís quien tuvo la idea de poner la placa conmemorativa en el terreno de MCDC. "Sentí que tenía que estar en el área del suroeste de Detroit, donde están todos los mexicanos. Este fue el primer lugar en el que pensé", dijo Anna Solís.

Continúa en la pág.6

Tejano Music Legend Martin Solis to Receive Mexicantown's First Historic Marker

By Eric Guzmán

Martin Solis Jr, a legendary Tejano singer who was inducted into the Tejano Hall of Fame in 2017 will receive a historic marker in Southwest Detroit to honor the famed musician.

Martin Solis, whose family migrated from Texas to Michigan in the aftermath of the Great Depression, started his music career in the 1950s. He began playing with bandmates Manuel Rivera, and Rodolfo and Joe Martinez who sought out Solis and formed the band, Conjunto Los Primos.

Solis' son, Frank Solis, and his wife Anna Solis, founders of the Martin Solis Jr. Tejano Association have been working with the Michigan Music Hall of Fame to bring a historical marker to honor his father's career and the band Los Primos.

The marker will be revealed during the summer of 2023 on the grounds of the Mexicantown Community Development Corporation (MCDC). Kevin Hill, President of the Michigan Music Hall of Fame says "this marker will be the first marker to have anything to do with Mexican [ties] in the state of Michigan", signifying just how historic of a moment this will be.

Martin Solis, one of the last photos taken before his passing

Solis and Hill scouted a few different locations but it was Anna Solis who came up with the idea to put the maker on the grounds of MCDC. "I felt that it needed to be in the Southwest Detroit area where all the Mexicans are. This was the first area I actually thought it would be a great place for," Anna Solis said.

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DIA Now Accepting Applications for Summer 2023 Internship – but hurry!

The Detroit Institute of Arts (DIA) has announced a twelve-week paid opportunity offered this summer to undergraduate students enrolled in an accredited college or university. This is a unique program where students from all backgrounds and areas of study gain exposure to the museum industry under the guidance of DIA professionals. Interns will work on-site, up to 24 hours per week, beginning in June.

Further details for the job postings listed below can be found at www.elcentralmedia.com. Interested students are encouraged to complete their application by Monday, March 13, 2023.

1. Accounting
2. Curatorial - Africa, Oceania, and Indigenous Americas
3. Curatorial - Modern and Contemporary
4. Development (Donor Relations)
5. Development Events
6. Director's Office
7. Exhibitions
8. Human Resources
9. IDEA (Inclusion, Diversity, Equity, and Access)
10. Research Library & Archives

No. 1: Detroit Institute of Arts - Detroit, Michigan

As USA Today's 2023 10 Best Reader's Choice Awardee for Best Art Museum, the DIA remains committed to fostering a sense of belonging for our team, visitors and tri-county communities based on inclusion, diversity, equity, and access in all museum activities.

Housed within a Beaux Arts building, the Detroit Institute of Arts maintains a collection of some 65,000 works – among the largest and most comprehensive in the United States. Visitors can explore human creativity from across the globe as they explore more than 100 galleries, including the Center for African American Art, one of the first collections devoted to African American art at a major museum.

Detroit Day of Fashion to Feature Southwest Detroit Designer

Fantazma Market & Cafe gears up for the 2nd annual Detroit Day of Fashion

By Amber Ogden

Natalie Rivera and Isabelle Torres of Fantazma Market & Cafe, a small business entrepreneur hub at The Detroit Hispanic Development Corporation (DHDC), are gearing up for the 2nd annual Detroit Day of Fashion Show (DDOF).

"It hasn't always been fashion-based here. We have different events and cater to everyone from singers, to entrepreneurs, musicians, DJs, and even painters. Then we realized as we were planning our events that we were missing people still in this creative world. Natalie brought the idea of doing fashion. I agreed with her because this allows people who may not get the opportunity to be creative to use this space for exposure," said Torres.

Rivera and Torres went on the hunt for up-and-coming local designers in the city, including Southwest Detroit. To find designers ready to share their original pieces with the world, they followed hashtags and sought out local shops over the course of three months. There are a total of 14 designers who will be displaying their designs on the runway on Friday. March 10th.

Of the 14 designers, only one from Southwest Detroit was also a part of the first DDOF show last year. "Designer Emanuel Moreno is our only male Latino Designer straight from Southwest, and we are very proud to have him.

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"No he muerto.
Solo me fuí antes y no quiero que me recuerden con lágrimas como aquel que no tiene esperanza.
No he muerto; aunque mi cuerpo no esté, siempre mi presencia se hará sentir.
Seré el silencio de nuestro hogar que tanto compartimos, seré la brisa que besará sus rostros, seré un dulce recuerdo que asista a su memoria, seré una página bonita de su historia.
Perdón a todos, tomé únicamente uno de los trenes anteriores y se me olvidó decirles… No he muerto, solo me fui antes"

La familia Cañizales Esparza se une a la pena que embarga a la familia Esparza Ramos por el fallecimiento de su mamá, la

Sra. Lidia Ramos de Esparza
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San Luis Potosí. S.L.P. Febrero 24 de 2023

Accounting Aid Society Team Member Supports His Hometown Community

First published by the Accounting Aid Society in Nov 2022

The first time Hugo Aguinaga walked into an Accounting Aid Society (AAS) office, it was for help with his own taxes. Today, Hugo serves as the tax site coordinator for AAS's Southwest Detroit location. "When I joined this team, it was more than a job, it was an opportunity to pay it forward to my community," he says.

Hugo grew up in the neighborhood, which includes Mexicantown. Born in Mexico, he was raised in Detroit and earned his degree from Wayne State University, specializing in science and accounting with a focus on accounting.

Initially, following graduation, he worked in accounting for organizations such as American Axle, which, he says, helped prepare him for his work today, training him in how to do tax research and to use the tools that are most helpful to the clients he serves today.

He made the jump to AAS because of "its mission and purpose, and I'm part of this community. I knew I could add my bilingual skills to the team, and I know that the Hispanic community here is underserved."

A large part of that, he says, is the language barrier. "It's a barrier that doesn't allow people to take advantage of all the services that are available to them. I can come to the office and answer calls in Spanish and do returns in Spanish. This is not just a 9-5 job. It's making a difference and it's very gratifying."

Language is just one of the barriers that can prevent clients from taking advantage of AAS's free services.
The other big issue is often trust, but speaking the same language can help mitigate that concern. "Especially for people who are undocumented, there is a worry about the sensitive information they may need to share," Hugo says. "People are reluctant to do it. Coming from my background, though, I know the level of trust that can be built through language and how it can help." Hugo's fellow team members in the AAS office are also fluent in Arabic and Bengali, allowing them to build positive connections with even more clients.

Hugo shares the story of a family of seven – including five children — from Honduras who were working to get their legal status situated. They came to AAS to start filing tax returns and Hugo and his team were able to get their ITIN numbers and filed three years of returns for them to help get their immigration journey underway and payment plans were implemented with the IRS so the family's resources would not be stretched beyond capacity.

"When they came to us, they were desperate," says Hugo. "They had no money to pay for any of these services, which would have cost them between $3,000 and $5,000." This is the kind of service that allows clients who have been in dire situations reclaim some peace of mind.

"I've had clients tell me they can't sleep at night because they're so worried," says Hugo. "It's wonderful to see the joy when they get a nice refund or have past due situations resolved. This is more than a job; it's really making a difference for people. We've been around for 50 years, helping families sleep at night."

From left: Hugo Aguinaga and Michelle Hargrove-Denton, AAS Tax Site Coordinators, at a community education event hosted by the FREC at the Mexicantown Mercado last summer.

Martin Solis

Los Primos trio, Detroit 1960

Con't from pg. 1

Frank Solis reached out to Raymond Lozano, Executive Director of the MCDC about placing the marker on their grounds. Lozano grew up in Southwest Detroit when the Tejano music scene began to take root in the 1960s. In 2016 he became the Executive Director of MCDC when the organization was in a "dormant stage." "I had three goals [when I took this job] and one of them was to make this area a destination, and I thought [the marker] would fit perfectly," Lozano said.

It took five years to get to this moment. The biggest challenge was the COVID-19 Pandemic. "We were going to present our [case], unfortunately, the meeting got postponed so that meant that our meeting got pushed back about two more months," Hill said.

Another challenge the group faced was making the documentation meet historical requirements. "When you're putting together a historical [presentation], [The Historical Commission] is looking for documentation," Hill said. The commission is looking for what is called primary source material. In this case, there was much more secondary source material (i.e. newspaper articles). "If you don't have a lot of [primary source material], you have to really dig to find it," Hill said.

Luckily, a lot of the primary source material was found through Sally Ramon, the widow of Roy Ramon, the owner of Roy's Records Shop, a storied but now closed Mexican and Tejano music store in Southwest Detroit.

After gathering all of the historically accurate information, the process took another year before anyone heard anything about the progress of the marker.

Inspired by his father's legacy, Frank and Anna want to bring Tejano dances back to the community through the Martin Solis, Jr. Tejano Association. What started out as an idea has progressed into a movement to honor a Tejano legend and find ways to give back to the community that gave him his start. "I think [my dad] would be very happy with this. He would also be very happy his friends are included with him on this occasion," Frank Solis said.

"We just want the community to be proud about everything that's been accomplished," Anna Solis said.

As for Frank Solis, his dad's story is about changing the narrative about Mexican culture. "I want the young ones to know what the struggles were for our people and the Mexican-American experience and the music that was brought from Texas to Michigan," he said.

Solis wants people to understand the massive cultural contributions made by people like his father. "We're more than Mexicans who work in the fields, there's more to us than being field hands".

Eric Guzman was raised right outside of Detroit but has strong roots in the southwest area. Eric has a strong passion for writing about sports, music, pop culture. He graduated from The University of Michigan-Dearborn with a Bachelor of Arts degree in Journalism and strives to make an impact in the world of multimedia.

Left, Willion Huron with Martin H Solis, Jr. Los Primos promo photos, Oklahoma City

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SPECIAL, WORLD'S CULTURES

The legend of the hummingbird

Huitzitzilli: the legend of how the Hummingbird brought peace

Legend has it that in times when human beings could not agree, the very annoying gods punished them with great waves of sun and heat. It was then that Tlaloc, god of rain and thunder, led them to drought, depriving them of food.

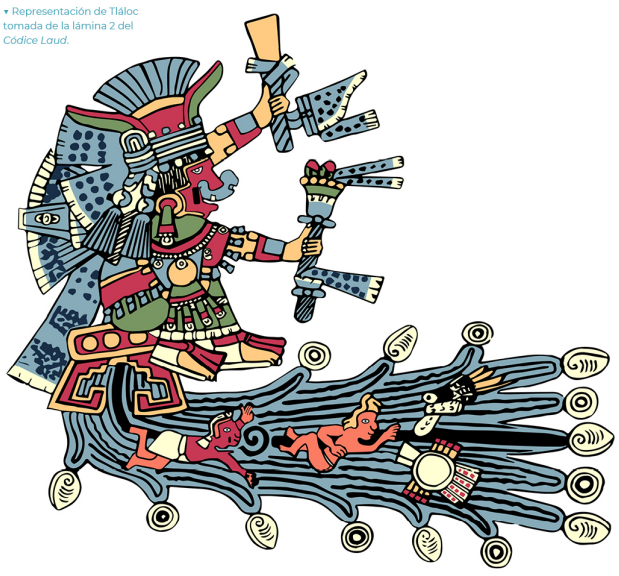
Human beings declared war from one town to another in an effort to get food, but they did not realize that with so much violence

they made the gods more angry, who intensified the punishment.

However, the desire of the gods was not to make them suffer, but to give them a lesson so that they would understand and organize themselves to live in peace.

Concerned, the gods summoned the animals to ask them for help to reunite the human towns, the animals, driven by the fear of being hunted and becoming food, refused to help. But the little hummingbird offered himself and told the gods that he would take care of the situation, carrying thoughts of peace. The

▾ Representación de Tláloc tomada de la lámina 2 del *Códice Laud.*



other animals laughed, because the hummingbird was the smallest of birds as well as the ugliest; it seemed absurd to them that he had the ability to help. However, the gods entrusted him with the mission.

A few days later the hummingbird was summoned by the gods who explained to him what he should do, first of all they told him that although the world of human beings was at war, this same war had caused conflict between the communities of the gods , so the hummingbird would not only be in charge of appeasing human beings, but also managing between the sons of the sun god, Tonatiuh, and the sons of the rain god, Tlaloc, to return to give them what they needed so that the land would be fertile again.

The hummingbird undertook the mission. First he flew to the place of the sun, feeling how the waves burned his little plumage making it darker and more scorched, but this did not discourage him and he managed to meet with the

sun, to whom he told that he came as a messenger of peace, so I needed your help to lower the high temperatures. Tonatiuh refused, but since the hummingbird's character was not fearful, but firm, he decided to give in and that same afternoon the heat waves subsided. Satisfied Huitzitzilli went to the sky of Tlaloc.

Upon reaching Tlaloc's heaven with his many sons and their large clay jugs filled with water almost to bursting, he saw that Tlaloc's sons hid the clouds and only hit the empty barrels, the roar of thunder carried no water . He talked to everyone and asked them what they were doing, and they laughed to see the humans looking at the sky with hope while denying them rainwater. Huitzitzilli managed to meet with Tlaloc and told him that he was going as a messenger of the other gods to ask for some rain, Tlaloc refused as he scratched his big belly and laughed at seeing the thirsty human beings. He told Huitzitzilli that he had been very sad at the beginning of the heat waves and watching the war, and that he had decided to punish them for their selfish character, by depriving them of rainwater and drying up all their plants.

The hummingbird let him speak, listening to him until Tlaloc began to cry, dropping a few drops of tears that made his children cry too. When Tlaloc looked at what had happened, he picked him up angrily and told the hummingbird that no, he would not give in unless that he managed to appease at least two human towns, and once he did, he would ask him for rain again.

Huitzitzilli knew that this would be very difficult, but he went down with the towns looking for a place where a man

and a woman could meet. Watching them go to the same forest without meeting, he set a trap for them to make them look at each other and fall in love. Huitzitzilli had a gift that the gods had given him, that of carrying good thoughts. He filled them with illusions and when the man met the woman, they fell in love. The woman went down to her town with joy and the man returned to her town with enthusiasm, the families that were devastated by the drought were surprised, seeing that day by day they returned to the forest. One day they followed them and found them together, the families were almost starting to fight, when both she and he asked to reconcile peace. The hummingbird looked with satisfaction at the sky, and flew at great speed towards Tlaloc.

Tlaloc was surprised but he had no choice but to fulfill his promise and that same afternoon the pitchers that burst carried vast amounts of water, filling the rivers and lakes, and awakening the plants and animals.

This is how the hummingbird received iridescent plumage as a reward from the gods and the possibility of being the only bird capable of flying in a straight line and staying in one place.

The hummingbird is a migratory and very small bird of the American continent, however, it flies at high speed. It is capable of flying backwards and upwards in a straight line, allowing it to hover over a fixed point. The flapping is so fast that it is sometimes difficult to distinguish the movement. Its plumage is greyish with iridescent notes, on its chest it usually has feathers of a prominent color, which is why they can be called white-breasted, red-breasted, blue-breasted, green-breasted hummingbirds, among other particular colors. Its beak is like a small needle point through which its tongue comes out to extract the nectar from the flowers, for this reason some people call them the pink sucker, myrtle sucker, flower prick.

For Aztec mythology, the hummingbird was one of the most important symbols, let us consider that its preponderant deity was Huitzilopochtli: god of war, the left hummingbird, who was associated with the south and who was born during the battle on the hill protecting his mother of the 400 southerners and the Coyolxauhqui. It was also Huitzilopochtli who gave the Aztecs the dream of the eagle devouring a snake on a cactus, symbol of the promised land in which the Aztecs would settle after that pilgrimage from Aztlán.

Diles que lo viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

ESPECIAL CULTURAS DEL MUNDO

La leyenda del Colibrí

Huitzitzilli: la leyenda de cómo el Colibrí llevó la paz

Cuenta la leyenda que en los tiempos en que los seres humanos no podían ponerse de acuerdo, los dioses muy molestos los castigaron con grandes oleadas de sol y calor. Fue entonces cuando Tláloc, dios de la lluvia y el trueno los llevó a la sequía privándolos de alimento.

Los seres humanos se declaraban la guerra de un pueblo a otro con el afán de conseguir alimento, pero no se daban cuenta que con tanta violencia enojaban más a los dioses quienes intensificaban el castigo.

Sin embargo, el deseo de los dioses no era hacerlos penar, sino darles una lección para que entendieran y se organizaran para vivir en paz.

Preocupados los dioses convocaron a los animales para pedirles ayuda a que reunificaran los pueblos humanos, los animales llevados por el temor a ser cazados y convertirse en alimento, se negaron a ayudar. Pero el pequeño colibrí se ofreció y les dijo a los dioses que él se haría cargo de la situación llevando pensamientos de paz. Los otros animales se rieron, pues el colibrí era la más pequeña de las aves además de la más fea; les parecía absurdo que tuviera la capacidad de ayudar. No obstante, los dioses le confiaron la misión.

A los pocos días el colibrí fue convocado por los dioses quienes le explicaron lo que debía hacer, primero que nada le contaron que si bien el mundo de los seres humanos se encontraba en guerra, este misma guerra había provocado conflicto entre las comunidades de los dioses, por lo que el colibrí no sólo estaría a cargo de apaciguar a los seres humanos, sino también gestionar entre los hijos del dios del sol, Tonatiuh, y los hijos del dios de la lluvia, Tláloc, a que volvieran a darles lo que necesitaban para que la tierra fuera fértil de nuevo.

El colibrí emprendió la misión. Primero voló al lugar del sol, sintiendo cómo las oleadas le quemaban su pequeño plumaje haciéndolo cada vez más oscuro y chamuscado, pero esto no lo desmotivó y logró reunirse con el sol, a quien le contó que venía como mensajero de la paz, por lo que necesitaba su ayuda para bajar las altas temperaturas. Tonatiuh se rehusaba, pero como el carácter del colibrí no era temeroso, sino firme, decidió ceder y esa misma tarde bajó las oleadas de calor. Huitzitzilli satisfecho se dirigió al cielo de Tláloc.

Al llegar al cielo de Tláloc con sus muchos hijos y sus grandes cántaros de barro llenos de agua casi a reventar, miró que los hijos de Tláloc escondían las nubes y sólo golpeaban las barricas vacías, el estruendo de los truenos no llevaba agua. Habló con todos y les preguntó que qué hacían, y éstos se reían de ver a los humanos mirar al cielo con esperanza mientras les negaban el agua de lluvia. Huitzitzilli logró reunirse con Tláloc y le contó que iba como mensajero de los otros dioses a pedirle un poco de lluvia, Tláloc se negaba mientras se rascaba su grande barriga y carcajeaba de ver sedientos a los seres humanos. Le dijo a Huitzitzilli que él había estado muy triste al comienzo de las oleadas de calor y al mirar la guerra, y que había decidido castigarles por su carácter egoísta, privándolos del agua de lluvia y secando todas sus plantas.

EL colibrí lo dejó hablar escuchándolo hasta que Tláloc se echó a llorar dejando caer unas gotas de lágrimas que hicieron llorar también a sus hijos, al mirar Tláloc lo sucedido, le levantó enojado, y le dijo al colibrí que no, que no cedería a menos que éste lograra apaciguar al menos a dos pueblos humanos, y ya que lo hiciera volviera a pedirle lluvia.

Huitzitzilli sabía que esto sería muy difícil, pero bajó con los pueblos buscando un lugar donde se pudieran encontrar un hombre con una mujer. Al mirarlos cómo estos iban al mismo bosque sin encontrarse les tendió una trampa para hacerlos mirarse y enamorarse. Huitzitzilli tenía

un don que le habían dado los dioses, el de llevar buenos pensamientos. Los llenó de ilusiones y al encontrarse el hombre con la mujer, se enamoraron. La mujer bajó a su pueblo con alegría y le hombre volvió a su pueblo con ilusión, las familias que estaban devastadas por la sequía se sorprendieron, viendo que día con día volvían al bosque. Un día los siguieron y los encontraron juntos, casi comenzaban a pelearse las familias, cuando tanto ella como él pidieron conciliar la paz. El colibrí miró con satisfacción al cielo, y voló a gran velocidad hacia Tláloc.

Tláloc se sorprendió pero no le quedó más que cumplir su promesa y esa misma tarde los cantaros que se reventaron llevaron vastas cantidades de agua llenando los ríos y lagos, y despertando las plantas y animales.

Fue así como el colibrí recibió de recompensa por parte de los dioses un plumaje tornasol y la posibilidad de ser la única ave capaz de volar en línea recta y mantenerse en un solo sitio.

El colibrí es un ave del continente americano migratoria y muy pequeña, no obstante, vuela a gran velocidad. Es capaz de volar hacia atrás y hacia arriba en línea recta, lo que le permite mantenerse en vuelo en un punto fijo. El aleteo es tan veloz que a veces es difícil de distinguir el movimiento. Su plumaje es grisáceo con notas tornasoladas, en su pecho suele tener plumas de un color destacado, por lo que se les puede llamar colibrí pecho blanco, pecho rojo, pecho azul, pecho verde, entre otros colores particulares. Su pico es como una pequeña punta de aguja por donde sale su lengua para extraer el néctar de las flores, por esta razón algunas personas les llaman el chupa rosa, chupa mirto, pica flor.

Para la mitología azteca, el colibrí fue uno de los símbolos más importantes, consideremos que su deidad preponderante fue Huitzilopochtli: dios de la guerra, el colibrí izquierdo, quien estaba asociado al sur y que nació durante la batalla en el cerro protegiendo a su madre de los 400 surianos y la Coyolxauhqui. También fue Huitzilopochtli quien les dio a los Aztecas el sueño del águila devorando una serpiente sobre un nopal, símbolo de la tierra prometida en la que se establecerían los aztecas después de aquella peregrinación desde Aztlán.

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

Martín Solís

Con't de pg. 1

Frank Solís contactó a Raymond Lozano, Director Ejecutivo del MCDC para colocar la Placa en su terreno. Lozano creció en el suroeste de Detroit cuando la escena musical tejana comenzó a echar raíces en la década de 1960. En 2016 se convirtió en Director Ejecutivo de MCDC, cuando la organización estaba en una "etapa inactiva". "Cuando inicié este trabajo tenía tres objetivos y uno de ellos era hacer de esta área, un destino turístico, y pensé que (la placa) encajaría perfectamente", dijo Lozano.

Fueron necesarios cinco años para llegar a este momento. El mayor desafío fue la pandemia de COVID-19. "Íbamos a presentar nuestro caso, desafortunadamente, la reunión se pospuso, lo que significó que se retrasó unos dos meses más", dijo Hill.

Otro desafío al que se enfrentó el grupo fue hacer que la documentación cumpliera con los requisitos históricos. "Cuando estás armando una presentación histórica, la Comisión Histórica busca documentación verídica", dijo Hill. La comisión busca Material de Fuente Primaria; pero en este caso particular, había mucho más material de fuentes secundarias (es decir, artículos de periódicos). "Si no tienes mucho material de fuente primaria, tienes que investigar mucho para encontrarlo", dijo Hill.

Afortunadamente, gran parte del Material de Fuente Primaria se encontró por medio de Sally Ramon, la viuda de Roy Ramon, el propietario de Roy's Records Shop, una tienda de música mexicana y tejana histórica pero ahora cerrada en el suroeste de Detroit.

Después de recopilar toda la información históricamente precisa, el proceso tomó otro año, antes de que alguien supiera algo sobre el progreso de la Placa de Reconocimiento Histórico.

Inspirados por el legado de su padre, Frank y Anna quieren traer de vuelta los bailes tejanos a la comunidad, a través de la Asociación Tejana Martin Solís, Jr. Lo que comenzó como una idea se ha convertido en un movimiento para honrar a una leyenda tejana y encontrar formas de retribuir a la comunidad que lo inició. "Creo que mi papá estaría muy feliz con esto. También estaría muy contento de que sus amigos estén incluidos", dijo Frank Solís.

"Solo queremos que la comunidad se sienta orgullosa de todo lo que se ha logrado", dijo Anna Solís.

En cuanto a Frank Solís, la historia de su padre trata de cambiar la narrativa sobre la cultura mexicana. "Quiero que los jóvenes sepan cuáles fueron las luchas de nuestro pueblo y la experiencia mexicoamericana y la música que se trajo de Texas a Michigan", comentó.

Solís quiere que las personas comprendan, cuáles han sido las contribuciones culturales masivas hechas por personas como su padre. "Somos más que mexicanos que trabajan en el campo, somos mucho más que peones".

Eric Guzmán se crió en las afueras de Detroit, pero tiene fuertes raíces en el área suroeste. Eric tiene una gran pasión por escribir sobre deportes, música y cultura pop. Se graduó de la Universidad de Michigan-Dearborn con una licenciatura en periodismo y se esfuerza por tener un impacto en el mundo de la multimedia.

WSU Recruiters Visit Western International High School

Nearly 400 high school seniors attend Warrior Day event

Source: WSU Today

Wayne State University's Warrior Days made a return to Detroit high schools last week with a visit to Western International High School for an hour-long resource fair for the school's upperclassmen.

The Warrior Day event introduced as many as 400 seniors to the academic programs, financial aid and campus life offered at Wayne State.

LaJoyce Brown, Ed.D., Wayne State senior associate director of undergraduate admissions, said Western International High School has the second-largest enrollment of seniors within the Detroit Public Schools Community District, second only to Cass Tech. Brown, who leads the Detroit Recruitment Team within the Office of Undergraduate Admissions, explained that the event marked one of several WSU Warrior Days her team has planned for this year.

"I saw a need to increase awareness about WSU's admissions, scholarships, academic programs and student support services to students at Western International to help with their college selection process," she said.

During the event, members of the senior class visited several booths and spoke with academic and student services representatives to learn more about the 13 schools and colleges at WSU.

They also received information about the Heart of Detroit Tuition Pledge, which offers free tuition to graduates of Detroit high schools who are admitted to WSU and who have completed their FAFSA. Eligible students would enroll full-time as first-year students in the fall semester and receive up to four years of full-time study with zero out-of-pocket expenses for tuition and standard fees.

Vanessa Reynolds, an admissions counselor at Wayne State and a Western alumna, said

before the event that she was looking forward to meeting with the prospective and admitted seniors.

"I am thrilled that our Detroit Recruitment Team will host a Warrior Day for the first time at my alma mater," she said.

The event was the first in-pers0n Warrior Day at a high school since the pandemic shutdown.

"We are extremely excited about this event, since it is the first time; we can meet the entire senior class in person," Brown said. "This event will provide students the opportunity to make meaningful connections and to gain more insight about WSU."

"Our goal is that more students will choose WSU as their college choice after attending this event," she added.

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Since it began in 1972, the Lottery has contributed more than $27 billion to support public education in Michigan, with more than $6 billion of that coming in the last four years. Fiscal Year 2022 marked the Lottery's fourth straight contribution of more than $1 billion to support public education.

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In addition to contributing to the School Aid Fund, the Lottery recognizes outstanding educators with the Excellence in Education awards. The Michigan Lottery established the Excellence in Education awards in 2014 to recognize outstanding public-school educators across the state during the school year.

One outstanding educator is selected each week and receives a $1,500 cash prize plus a $500 grant to their classroom, school or school district. One of the weekly award winners will be selected to receive the Lottery's Educator of the Year award and will receive a $10,000 cash prize.

Each winner also will receive a plaque and be featured in a news segment on the Lottery's media partner stations: WXYZ-TV in Detroit, FOX 17 in Grand Rapids, FOX 47 in Lansing, and WNEM-TV, Saginaw.

All public-school employees may be nominated for the awards, which recognize educators who go "above and beyond" to make a difference in the lives of children. To nominate a public-school educator, go to https://www.michiganlottery.com/excellence-in-education.

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HISPANIC OWNED MEDIA CERTIFIED BY HACR

Detroit Day of Fashion

Con't from pg. 1

His brand is Fresh 51 Clothing; he specializes in incorporating Detroit streetwear with designer clothing creating one-of-a-kind pieces," said Torres.

Moreno, who also goes by 'Manny Fresh' says growing up in Southwest Detroit was not easy, but he was able to create his fashion line based on his urban atmosphere. He married both worlds of his interest in high fashion and "incorporated the raw, authentic urban city vibe."

The other designers are from various backgrounds, but they all have one thing in common: They are from the city of Detroit. Most designers are Black women, like designer Rose Marie Lewis, a wife, and mother of six, who has created a swimwear line called Yubehandmade. Her designs are made of yarn to create "sexy crochet clothing and swimwear."

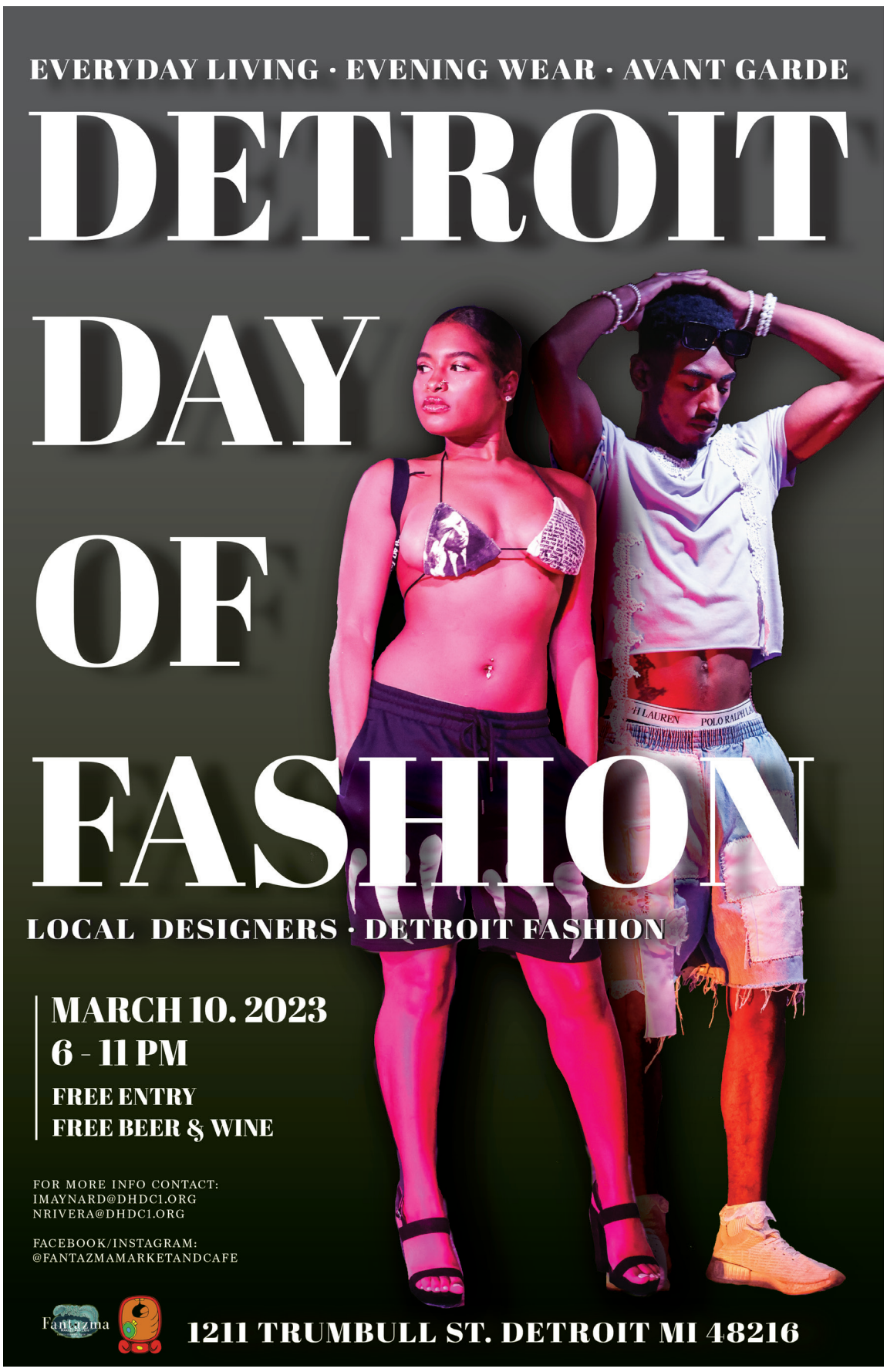
Some designers who are interested in being a part of Detroit Day of Fashion but didn't make the cut this year are encouraged to put their best designs forward. They may not be ready for the big runway, but space is created for them to grow. Torres explained. "So the designers that weren't quite there yet, we give them tips. We created a fashion show for them called 313 Labels. So this is for those staple brands, such as hoodie and t-shirt brands.

"Our goal is to promote local Detroit talent since the city is an upcoming fashion city and attract more business to the undiscovered artists. We're trying to boost more engagement from the community and see if we can reach out to more unheard-of designers and models for future fashion events," Rivera said.

According to Torres, show attendees will get a chance to meet one on one with designers and purchase original pieces. "It's important that the designers get this exposure and sales coming their way. The show is free of charge to the designers, who can set up vendor booths to monetize their designs. This is a community center; we don't ask for anything from designers. We just ask them to arrive on time. We encourage them to come and be a part of this show so they can continue to grow."

The public can attend Detroit Day of Fashion this Friday, March 10th, free of charge, at DHDC located at 1211 Trumbull St., Detroit, MI 48216. The show will run from 6 pm to 11 pm. There will also be free beer and wine available for those 21+.

Amber is a freelance writer born and raised in Detroit. She has published work in publications such as Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art and eating her way through the city in her free time.



Fighting for Drivers' Licenses for Immigrants - Regardless of their Status

Photos by Alejandro Ugalde

Fighting for the rights of immigrants, or advocating if you prefer, is exactly what more than 160 leaders of Strangers No Longer did with elected officials in the State Capitol on Tuesday, February 28. The group traveled by bus and cars for their Advocacy Day in Lansing. The group of advocates also included 30 Catholic High School students, including a delegation from Detroit Cristo Rey. At least one Senator asked a Cristo Rey student to come back and testify when the bills are formally introduced to the legislature.

Strangers No Longer is a network of Catholics in Michigan working to support immigrants as our brothers and sisters by forming Circles of Support in parishes, high schools - and among immigrant women and men. In addition to members from Southeast Michigan, Strangers No Longer has members organizing in the Catholic dioceses of Saginaw, Gaylord/Traverse City and Grand Rapids.

Rich Faba chairs the Advocacy Task Force for Strangers No Longer. “Advocacy Day in Lansing started last September with Sr. Martha de la Torre holding workshops with the Immigrant Women Circles of Support to collect and develop what ultimately became known as our Platform for Human Dignity,” he said. “The delegates met with 65 legislators on [Advocacy] day… [and] had a large representation of both our Latino and Anglo members."

Advocacy Day kicked off with a welcoming program with some Senators and VIPs stopping by the assembly room in the Capitol Building including Sen. Stephanie Chang, Sen. Jeff Irwin, Sen. Mary Cavanagh, and Paul Stankiewicz from the Michigan Catholic Conference.

Sen. Jeff Irwin introduced the Strangers No Longer group to the entire Michigan Senate, saying Senators "should expect a visit in your office today from Strangers No Longer, encouraging Driver's Licenses for Immigrants regardless of immigration status." In the afternoon, Representative Tyrone Carter introduced the high school students on the floor of the House.

A large group of Adrian Dominican Sisters met with Sen. Winnie Brinks, the Democratic leader of the Senate. At the end of the day, the nuns told the other Strangers No Longer delegates, "We've gotta keep up the pressure."

For more information about how to get involved in the activities of Strangers No Longer or to support their work, visit www.strangersnolonger.org

More than 160 people decended upon Lansing last week to meet with legislators on SNL Advocacy Day

SNL Advocates meet with Michigan House Speaker Joe Tate from Detroit

Robert MacMichael from Brother Rice Catholic HS reports to the larger delagation on the students' experiences meeting with with legislators

Immigrant members of Strangers No Longer told their personal stories to local parishes and organizations. They are members of "Mujeres Bajo la Protección de Dios" Circle of Support

EL CENTRAL (lower right) made the trip to Lansing and was shared with legislators by SNL Executive Director Bill O'Brien (far right)

Senator Sue Shink's assistant, far right, takes testimony from Mary Anne Perrone, center, and other members of Strangers No Longer

Banquet in Honor of Local Athletes / Banquete en honor a atletas locales

Photo Credits: Samari Rodriguez, Rita Ayala, Kevin Casillas)

On Saturday, March 4th, the Victory Activity Center (VAC) at the First Latin American Baptist Church celebrated 41 local athletes who participated in its inaugural youth basketball league. Southwest Detroit children ages 7 to 11 played an eight-week tournament to learn the basics of the sport and develop important life skills such as teamwork and perseverance. The young people were honored at the awards banquet. We join with the congregation and team families in congratulating the members of the Bison, Angels, Scorpions, and Hawks teams. The Hawks rose to the top with a 7-1 season, led by their key players Magnus Hunt and Aiyana Serrano. On March 25th the VAC will initiate its indoor soccer season for the same age group. For more information about VAC programs and opportunities for sponsorship, call Ken Gutierrez at (248) 321-2433. The Victory Activity Center exists to connect SW Detroit youth and their families with God's love and His gospel through quality sports and outreach activities. Its spacious facility is located at 2004 Scotten St., between W. Vernor Ave and Toledo St. in the heart of Southwest Detroit.

Scorpions: Yeudiel and Yadiel Rodriguez, Talya Gutierrez, Kevin Casillas Jr., Pablo Casillas, Jonathon and Gabriel Mendez, Bryan and Kevin Vargas, Jesus Ayala; Coaches: Caleb Davis and Nicholas Walski

El sábado 4 de marzo, el Centro de Actividades la Victoria (VAC por sus siglas en ingles) en la Primera Iglesia Bautista Latinoamericana celebró a 41 atletas locales que participaron en su liga inaugural de baloncesto juvenil. Los niños del suroeste de Detroit de 7 a 11 años jugaron un torneo de ocho semanas para aprender los conceptos básicos del deporte y desarrollar habilidades importantes para la vida, como el trabajo en equipo y la perseverancia. Los jóvenes fueron homenajeados en el banquete de premiación. Nos unimos a la congregación y a las familias de los equipos para felicitar a los miembros de los equipos de Bisontes, Ángeles, Escorpiones y Halcones. Los Halcones llegaron a la cima con una temporada de 7-1, liderados por sus jugadores clave Magnus Hunt y Aiyana Serrano. El 25 de marzo, el VAC iniciará su temporada de fútbol sala para el mismo grupo de edad. Para obtener más información sobre los programas del VAC y las oportunidades de patrocinio, llame a Ken Gutierrez al (248) 321-2433. El Centro de Actividades de la Victoria existe para conectar a los jóvenes del suroeste de Detroit y sus familias con el amor de Dios y Su evangelio a través de programas deportivos de calidad y programas de alcance familiar. Su espaciosa instalación está ubicada en 2004 Scotten St., entre W. Vernor Ave y Toledo St. en el corazón del suroeste de Detroit.

Bison: Joshua, Uriah, Amarissa, Leonie and James Gutierrez, Gabriel Lawrence, Grayson Smith, Sammy Rodriguez, and Matthew Adorno; Coach: Joshua Gutierrez

Angels: Victor and Axel Chapa, Anthony Cordoso, Diego Nuñez, Lucas Ortega, Luis and Jaydon Romero, Luis Villalobos, Lander Zuriel, Caden Gray, and Kariar Pacely; Coaches: Daniel Luna and Jeff Hunt

Hawks: Achilles Booker, Yesinnia, Serinity, and Yania Diaz, Dylan and Aldo Monzon, Juan and Aiyanna Serrano, Magnus Hunt, Nelson Rodriguez and Eloisa Martinez; Coaches: C.J. Roberson and Juan Serrano

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Tony Harrison in Australia !!!

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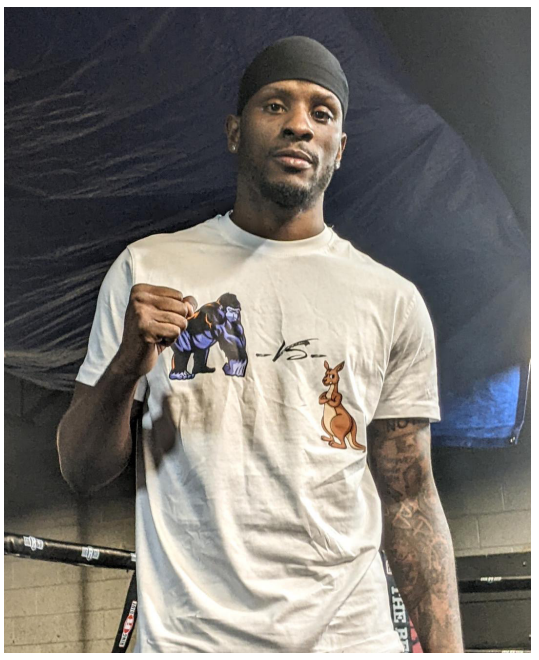
Sports Editor: Dan Graschuck/ EL CENTRAL

This Saturday, former WBC junior middleweight champion Tony Harrison will fight Tim Tszyu, for the interim WBO interim 154-lb title at the Qudos Bank Arena in Sydney, Australia. Photos by: Dan Graschuck/ EL CENTRAL

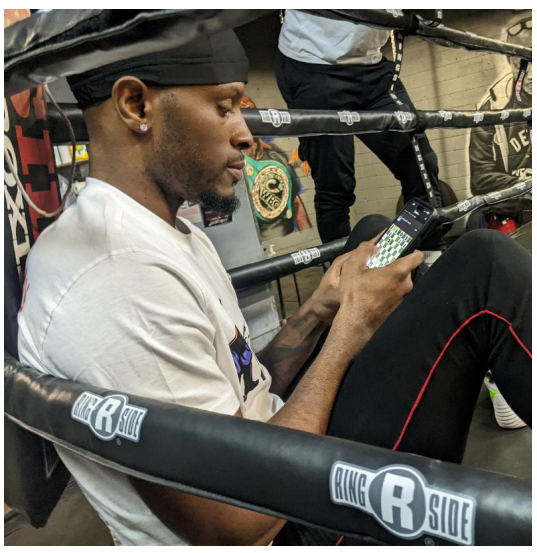
Photos below are highlights from the last open public workout at Superbad Gym, before Tony Harrison left to go to Australia

Tony Harrison playing sparring



Tony Harrison playing posing for picture

Tony Harrison playing exercising



Tony Harrison playing chess on his phone before workout to relax

Tony Harrison playing shadow boxing

Undisputed WBC, IBO, WBO, IBF and the Ring super featherweight champion Alycia Baumgardner, trains at Superbad Gym, and to support Tony Harrison in his quest for the championship. Tony Harrison seen in background training for his fight in Australia

Tony Harrison vs. Tim Tszyu, will be shown live on Showtime, this Saturday, March 11th at 10:45 pm

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David Levine
EL CENTRAL

After a successful first season in the USL Championship in which they made the playoffs and knocked the Columbus Crew of MLS out of the Lamar Hunt US Open Cup, Detroit City FC opens the 2023 campaign this weekend with the longest trip possible. Trevor James and the team are going to California to meet the San Diego Loyal. Due to the way the USL schedule shaped up last year, the two clubs didn't meet in 2022. The league did DCFC a favor by giving them two road games in warmer climates before opening the home program on March 25 against Indy Eleven at Keyworth. After San Diego, DCFC will play its second road game in El Paso, Texas.

Lower division teams frequently go through total overhauls during the offseason. Contracts are typically short term and players move to where they can get the best deal. DCFC operates a little differently. The core of the team moved up from NISA together and remains fairly intact. Nate Steinwascher remains the first choice goalkeeper and immediately gives the team one of the best in the division at the position. Reserve goalkeeper Ryan Shellow officially signed this week, too. He only made one appearance last year, but it was a superb showing in Colorado to earn a 2-1 win at an important juncture of the season.

The defensive structure of the team will remain largely the same, too. Club Captain Stephen Carroll is the longest tenured player with the club and the longest serving captain of any Detroit team at the moment. Matt Lewis, the versatile Michael Bryant, and Devon Amoo-Mensah all re-signed, as well. Amoo-Mensah remains a couple of months away from competitive action due to his recovery from a knee injury. He has returned to training and will be spending the early weeks of the season building his strength and fitness. His injury upset the balance of the team last year and he was sorely missed during the second half of the season.

Defense wins championships. It's an old saying. However, goals win games. That's where City came up short last year too often. The club finished the season among the tops in drawn games. For all the core players returning, the club lost a lot of goals when Antoine Hoppenot signed with Hartford Athletic, Deklan Wynne signed with Charleston, and Pato Botello Faz wasn't retained. Trevor James had to rebuild the attack. Yazeed Mathews will be with the team for the whole season after missing nearly three-quarters of last year due to a personal issue. Connor Rutz also returns and will have to contribute more goals to make up for the losses.

DCFC will be hoping some of the new players will pick up the scoring slack. James has taken a gamble on Ben Morris, a 23 year old striker developed by Ipswich Town's academy. Morris was considered sufficiently talented to be called up by England's U17 and U19 teams. He has suffered through a series of injuries since those heady days and is looking to relaunch his career. The Championship may be the right level for him to rebuild his career. Ideally, he comes in young and hungry, providing a second scoring option up front. Fellow Englishman Cy Goddard will also have to make more of a contribution this year than in 2022. His appearances last year were limited and unproductive.

Much like last year, DCFC has picked up players who played on other teams in the league to bolster depth. Defender Jalen Robinson comes from Loudon United along with Norwegian midfielder Skage Simonsen. Midfielder Richard Ballard has joined from the Miami FC and will be remember by the City faithful for setting up a stoppage time equalizer that cost his new club two vital points last year. Trevor James has also dipped into League One to pick up German midfielder Adrian Billhardt from the champions South Georgia Tormenta. These new signings will have to give midfielders Maxi Rodriguez and Abdoulaye Diop some relief after the pair were relied on far too much last year.

Saturday's opponents have gone through their own changes. Former US international Landon Donovan has moved from head coach to Executive VP of Operations for the team he helped found. Former Spring Arbor college, Lansing United (USL League Two), and Lansing Ignite (USL League One) coach Nate Miller has taken the reigns for the Loyal. He recently completed the US Soccer Pro License program alongside several MLS coaches and US U-20 coach Mikey Varas. The club has also signed a handful of players with US youth and senior international experience. Goalkeeper Duran Furree just finished playing in the CONCACAF U17 World Cup qualifiers, a successful campaign for the Stars and Stripes. Midfielder Alejandro Guido also represented the USA at youth levels and played in Liga MX before joining San Diego. Former senior US international midfielder Joe Corona just signed a couple of weeks ago after playing in Sweden during the fall. Several other players on San Diego have MLS experience, meaning that this will be a tough season opener, much like last year's visit to San Antonio.

The buildup for the home opener has already started. The club is encouraging its fans to recruit new fans, tell friends and family to join them for a fun night at Keyworth. Given the presence of the Northern Guard, the vocal support, the atmosphere, the budget friendly tickets, and the club's consistent winning records, DCFC has a lot of appeal. They take pride in being a Detroit team, the People's team, playing what used to be known as the People's game. They contribute to the community and welcome all comers to support the club. March 25 will be a great day out, even if the weather doesn't fully cooperate.

Davis 4 Points Away From Breaking Record !!!

This past Thursday, the University of Detroit Mercy Titans, played Youngstown State Penguins, in the Horizon League quarterfinals. The Penguins defeated the Titans 71 - 66. Davis is currently 4 points away (3,664 points) from the NCAA record (set by Pete Maravich) of 3,667. The University of Detroit Mercy Titans have a chance to play in the CBI Post Season Tournament. If the Titans are invited it will give Antoine Davis a shot at tying and breaking the NCAA record. Photos by: Adam J. Dewey

Photos below are highlights from last week Tuesday, last home game, from the 1st round of the Horizon League Tournament, of the Titans vs Purdue Fort Wayne

Titans G #0 Antoine Davis being congratulated by Purdue Fort Wayne Mastodons head coach Jon Coffman, after the game

Titans G #0 Antoine Davis making a 3 point shot against Mastodons defense

Titans G #0 Antoine Davis congratulating C #33 Buay Koka (7' 1"), after one of his 2 dunks in the game

Titans G #0 Antoine Davis being making a shot, on his way to scoring 38 points in the game, along with 8 rebounds

Titans G #0 Antoine Davis being making a play, against the Mastodons, and had 8 assists in the game

EDITORIAL OPINION

"Some Pills Are Hard to Swallow – And Cost Less – Because…"

By Raoul Lowery Contreras

As a senior and a veteran, my prescription drug prices have grown exponentially in recent years. So much so, that I soon found myself driving the 20 miles to Mexico to get bargain prices for my medications. For instance, my doctor in San Diego once prescribed me a new medication, but when I went to the pharmacy to pick it up, I was told the cost for a thirty-pill supply would be $300.00. I was astounded. I drove straight to Tijuana where I found the exact item – same company, same packaging, but in Spanish instead of English – for 1100 pesos, or $58.50. More recently, however, I have seen a downward trend in my pharmacy prices; my medications in the United States have become more affordable! How could this be?

When a few hefty booklets, which defined my supplemental insurance and copayments for my various medications and medical expenses, arrived in my mailbox, I decided to dive in, do my research, and learn how my insurance actually works.

Since receiving my supplemental insurance, I have noticed a significant decrease in my prescription and copay prices. What used to cost me an arm and a leg is now covered by my plan. It is a striking difference – previously, I would spend a bunch on my monthly medical prescriptions, doctor and specialist appointments, and trips to the laboratory. Now, for example, my quarterly blood work now costs me nothing; it used to cost me $25.

Like most people, I didn't know the intricacies of the health insurance business. However, I do know about the politics of health insurance. Since the early 1960's, I have paid a percentage of every paycheck into Medicare, knowing that I would benefit from this decision when I was older; and being young, I had very minimal expenses that had little-to-no financial burden. However, as I entered my sixties, my medical needs increased dramatically, and sometimes, exponentially.

Further research led to my realization that drug companies set the high prices of these prescriptions, making life-saving medications unaffordable. To fight these costs, health insurance companies work with intermediary third parties, known as pharmacy benefit managers (PBMs), to negotiate on my behalf against drug companies to lower the prices of prescription drugs and other services, making my copay and medications costs extraordinarily cheaper.

Essentially, through PBMs, we can count on someone to look out for the average patient and stand up against big pharmaceutical companies. For years, I felt helpless, becoming lost in the intricacies of health insurance, and I can only imagine most seniors––in fact, most individuals–– don't have a clue about this whole process. With my newfound knowledge of PBMs and how they mitigate the cost of prescriptions to ensure that medications are affordable, I realized their life-saving importance for my fellow seniors and veterans, who often pay enormous amounts for their health insurance. To the cost savings I say, Hallelujah!

From the public's standpoint, and for seniors in particular, having private professionals negotiating for us is as welcome as it is necessary. Being an average citizen, I do not have the ability to negotiate my own medication cost – the pharmacist would laugh at me for trying.

What we can do is encourage our government leaders to push for more organizations that act as the voice for the working class, disabled, and marginalized, to protect us from soaring drug prices.

Opinions in this column are not necessarily those of the Publisher or Editor

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EL CENTRAL HISPANIC NEWS

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HOW TO APPLY FOR THE NEIGHBORHOOD BEAUTIFICATION PROGRAM
Funded by the Neighborhood Improvement Fund

WHAT IS THE NEIGHBORHOOD BEAUTIFICATION PROGRAM?
The Neighborhood Beautification Program (NBP) grant provides funding to Detroit-based block clubs, neighborhood associations, nonprofit organizations, and faith-based organizations to carry out a project on up to four vacant lots in their community. **Nonprofit and faith-based organizations must partner with a City-registered block club.**
Applicants must currently own the lots or purchase them from the Detroit Land Bank Authority. Awards range from $500 to $15,000.

STEP 1 APPLICANT ELIGIBILITY
- Must be registered with the Department of Neighborhoods.
- Must be designated as a 501c(3).
- Organizations without a 501c(3) designation can partner with one (see required Partnership Letter).
- To register your block club with the Department of Neighborhoods, visit bit.ly/3yjnBDR.

STEP 2 SELECT YOUR SITE
- If you already own the lot(s), move to Step 3 to apply for the grant.
- If you wish to purchase lots, identify property in your neighborhood on: https://buildingdetroit.org/purchase_property
- To apply to purchase a lot, visit https://bit.ly/3yjnJ6j

STEP 3 DESIGN YOUR PROJECT
- Community gardens:
  - Raised beds for vegetables, flowers, or crops
  - Fruit and shade trees
  - Ornamental gardens
- Public space improvements:
  - Landscaping
  - Benches and tables
  - Art installations
  - Fencing or boulders
- Clean-up activities:
  - Brush clearing
  - Grading and seeding
  - Street/alley clean-ups
  - Graffiti and litter removal

QUESTIONS?
Contact Samuel Coons or Karmel Reeves at Samuel.Coons@detroitmi.gov or Karmel.Reeves@detroitmi.gov.

TO APPLY, VISIT: https://www.waynemetro.org/neighborhood-beautification-grant/

Classifieds / Clasificados

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O'BRIEN CONSTRUCTION COMPANY, INC.

ADVERTISEMENT FOR BIDS

General Contractor: O'Brien Construction Company, Inc.
Project: Grandmont Rosedale Park Collective II

WE ARE CURRENTLY SEEKING SECTION 3 & WBE/MBE CONTRACTORS AND SUPPLIERS FOR INCLUSION IN THIS PROJECT.

Project Description: Grandmont Rosedale Park Collective II is a historic renovation project consisting of 2 buildings and creating 35 market rate and affordable apartments. Scopes of work include but are not limited to: demolition/abatement, concrete, masonry, steel, carpentry, roofing, windows, doors & hardware, drywall, flooring, specialties, residential appliances, MEP/FS trades, earthwork & utilities, & site improvements.

This project is subject to **MBE/WBE, Detroit Resident, and Section 3 Requirements.**

For bidding documents please e-mail Kaitlin Hodgson at khodgson@obriencc.com

O'BRIEN CONSTRUCTION COMPANY, INC.

OFERTA LABORAL

Contratista General: O'Brien Construction Company, Inc.

Proyecto: La Joya Gardens

SE SOLICITAN CONTRATISTAS Y PROVEEDORES DE LA SECCIÓN 3 Y WBE/MBE (Empresas Comerciales de Mujeres o Grupos Minoritarios) PARA SER INCLUÍDOS EN EL PROYECTO DE CONSTRUCCIÓN.

Descripción: El proyecto de construcción de La Joya Gardens, comprende un edificio de 4 pisos, con 53 apartamentos asequibles y a precio de mercado, 4 espacios comerciales y un salón comunitario. Los alcances del proyecto incluyen, pero no se limitan a: concreto, mampostería, acero, carpintería, techado, ventanas/escaparates, puertas y ferretería, paneles de yeso, pisos, instalación de materiales y accesorios especializados, electrodomésticos residenciales, muebles de interior y exterior, elevadores, actividades MEP (Ingeniería Mecánica, Eléctrica y Plomería) /FS, movimiento de tierra y servicios públicos, asfalto, mejoras del sitio, paisajismo y riego.

Este proyecto está sujeto a los requerimientos de **MBE/WBE, Detroit Resident y la Sección 3**.

Para solicitar los documentos de licitación, envíe un correo electrónico a Kaitlin Hodgson a khodgson@obriencc.com

O'BRIEN CONSTRUCTION COMPANY, INC.

ADVERTISEMENT FOR BIDS

General Contractor: O'Brien Construction Company, Inc.
Project: La Joya Gardens

WE ARE CURRENTLY SEEKING SECTION 3 & WBE/MBE CONTRACTORS AND SUPPLIERS FOR INCLUSION IN THIS PROJECT.

Project Description: La Joya Gardens new construction project consisting of a 4 story building with 53 market rate and affordable apartments, 4 commercial spaces and a Community Room. Scopes of work include but are not limited to: concrete, masonry, steel, carpentry, roofing, windows/storefronts, doors & hardware, drywall, flooring, specialties, residential appliances, unit & site furnishings, elevator, MEP/FS trades, earthwork & utilities, asphalt, site improvements, landscaping & irrigation.

This project is subject to **MBE/WBE, Detroit Resident, and Section 3 Requirements.**

For bidding documents please e-mail Kaitlin Hodgson at khodgson@obriencc.com

Bilingual Program Coordinator

https://www.lifedirections.org/job-opportunities/
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Requirements:
- **Bachelor's degree, 3-5 years' experience with teens and young adults**
- **Willing to learn Salesforce & Social Media for youth**

Responsibilities:
- **Contact, Recruit & Co-facilitate Focus Family & Enfoque La Familia.**
- **Assist with Peer Mentor & Motivation Groups**
- **Build rapport with community-based organizations**
- **Organize and promote focus LIFE Retreat Process**

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Si usted tiene 55 años o más esta es su oportunidad de encontrar servir en aquello que le apasiona, únase al Programa de Voluntariado de AmeriCorps de Adultos mayores retirados y de la Tercera Edad (RSVP) es gratuito y cuenta con oportunidades como:

- Tutores/Leerles a los niños
- Empacar o Entregar comida a aquellos que más lo necesitan
- Ser acompañante de una persona de la tercera edad
- Ayudar a los veteranos
- Llevar a los ancianos al médico
- Muchas más oportunidades

ccsem.org/rsvp
rsvpwayne@ccsem.org
734-237-1028

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Temporary Probation Services Technician Announcement

Temporary Probation Services Technician Announcement at **http://www.mied.uscourts.gov**.
Be a part of a great team located in Detroit or Flint, MI.
Position assists U.S. Probation Officers in the administration of justice and community safety.
Professional and friendly work environment.
EOE

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– 5 Hours per Day
– Salary is $35 per Hour

For more details about the position email: colemichael037@gmail.com

Salud/*Health*

Have a Bump on Your Foot? Don't Ignore It

(StatePoint) Have a lump or bump on your foot? Whether it's painful or not, it could potentially signal a serious condition. Foot and ankle surgeons warn it's important to have it checked out, no matter its size or location on your foot.

"Whether your bump or lump is pea-sized or golf ball-sized, it should not go ignored. A proper diagnosis is key to proper treatment," says Michael Coyer, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS).

According to ACFAS, here's what to know about some of the more common types of lumps found in the foot:

Ganglionic Cysts

This soft, fluid-filled sac is a non-cancerous bump that experts believe may arise from single or repetitive trauma. A ganglionic cyst can be caused by a leaking of jelly-like fluid from the "capsule" surrounding a joint or tendon and may be located on the top of the foot, near an ankle joint or even on the side of the foot. While the lump itself is often the only symptom experienced, you may feel tingling or burning if it's touching a nerve, or a dull ache if it's pressing against a tendon or joint. Often, ganglionic cysts cause irritation, making it difficult to wear shoes. Such cysts generally will not go away on their own and may return, even after being drained. Surgical removal by a foot and ankle surgeon can help prevent recurrence. However, if the cyst is not causing pain and doesn't interfere with walking, your surgeon may simply monitor it over time.

Plantar Fibromas

Plantar fibromas are benign, fibrous, hard nodules found within the ligament of the foot and are especially common in the arch area on the bottom of the foot. These bumps tend to be less than an inch in diameter but can get larger over time. They can cause pain when shoes push against them or when you're walking or standing barefoot. Steroid injections, physical therapy or orthotic devices may help relieve associated discomfort but will not make the fibroma disappear. While surgical removal is an option if pain persists following nonsurgical approaches, it's important to know that recurrence can occur post-surgery, as can complications, such as a flattening of the arch or the development of hammertoes.

Haglund's Deformity

Haglund's deformity, sometimes called a "pump bump," is a bony enlargement on the back of the heel. When it rubs against shoes -- from high-heeled pumps to running shoes -- the soft tissue near the Achilles tendon can become irritated. This often leads to painful bursitis, an inflammation of the fluid-filled sac between the tendon and bone. While certain foot structures are more prone to Haglund's deformity, you can treat the condition and help prevent recurrence with appropriate footwear, arch supports, orthotic devices and stretching exercises. Physical therapy, icing and NSAIDs can also reduce inflammation.

Sometimes, Dr. Coyer notes, a bump is suspected of being cancerous. In this case, your foot and ankle surgeon will perform a biopsy and if it is indeed cancer, will perform surgery to remove the mass, working in tandem with an oncologist for cancer treatment.

For more information on foot bumps or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the American College of Foot and Ankle Surgeon's patient education website.

"Remember, the sooner we're able to properly evaluate your bump, the sooner you can have peace of mind and move forward with treatment," says Dr. Coyer.

Siga estos 6 pasos para controlar su presión arterial

(StatePoint) La presión arterial alta, también conocida como hipertensión, afecta a casi la mitad de los adultos de los Estados Unidos, y apenas 1 de cada 4 de quienes padecen esta condición la tiene bajo control, según los Centros para el Control y la Prevención de Enfermedades (CDC). La hipertensión puede ser peligrosa y, en muchos casos, mortal. En 2020, fue una causa principal o contribuyente de más de 670,000 muertes en todo el país. Los expertos médicos dicen que es posible controlar su presión arterial y esto comienza con disponer de la información correcta.

"Casi la mitad de todos los adultos estadounidenses tienen la presión arterial elevada, y muchos ni siquiera lo saben. La presión arterial alta es un "asesino silencioso", que a menudo no muestra síntomas manifiestos, pero aumenta la probabilidad de ataques cardíacos, accidentes cerebrovasculares y otros graves riesgos para la salud. Le urjo a que conozca sus números y haga los sencillos cambios en su estilo de vida que pueden ayudarle a controlar su presión arterial y vivir una vida larga y saludable", dice Jack Resneck Jr., MD, presidente de la American Medical Association (AMA).

Para emprender el camino correcto, tenga en cuenta estos consejos e ideas de la AMA:

1. Conozca sus números. Se diagnostica hipertensión cuando su presión arterial sistólica es mayor que 130 mmHg o si el promedio de su presión arterial diastólica es mayor que 80 mmHg. Visite ManageYourBP.org para comprender mejor sus números.

2. Monitoree su presión arterial. Una vez que conozca los números de su presión arterial, tome y lleve registros periódicos usando un monitor de presión arterial doméstico. Para una lectura precisa, los CDC dicen que se siente con la espalda apoyada durante 5 minutos antes de comenzar y espere al menos 30 minutos después de beber o comer. También debe evitar los estimulantes durante al menos 30 minutos antes, ya que los CDC dicen que fumar y beber alcohol o cafeína pueden aumentar su presión arterial. Si toma medicamentos para la hipertensión, tómese la presión sanguínea antes de su dosis. Comparta sus números con su proveedor de atención a la salud.

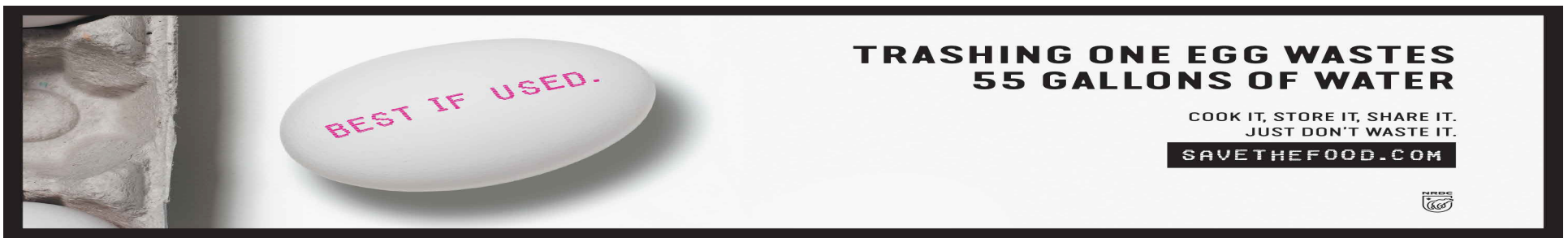
3. Coma bien. Reduzca el consumo de alimentos procesados, especialmente los que contienen sodio y azúcar añadidos. Coma menos carne roja y carnes procesadas, y agregue más alimentos de origen vegetal, tales como verduras, frutas, nueces, semillas y aceite de oliva a su dieta. También reduzca su consumo de bebidas endulzadas con azúcar y beba más agua. Consumir bebidas azucaradas, incluso jugos de frutas 100%, se asocia con un mayor riesgo de mortalidad por todas las causas, según un estudio publicado en JAMA Network Open.

4. Beba alcohol sólo con moderación. Si consume alcohol, hágalo con moderación según lo definido por las Guías Alimentarias para Estadounidenses: hasta una bebida por día para las mujeres y dos bebidas por día para los hombres, y solamente en el caso de adultos en edad legal para beber.

5. Sea físicamente más activo. Haga por lo menos 150 minutos a la semana de actividad de intensidad moderada, o 75 minutos a la semana de actividad de intensidad vigorosa. Asegúrese de incluir una combinación de ejercicio cardiovascular, entrenamiento de fuerza y flexibilidad. Obtenga orientación de su médico si no tiene la certeza de que hacer ejercicio sea seguro para usted.

6. Mantenga un peso saludable. Si tiene sobrepeso, perder por lo menos 5 a 10 libras puede ayudar a reducir su presión arterial. Consulte a su médico sobre maneras seguras de mantener un peso saludable.

"La hipertensión no manejada puede tener consecuencias que alteran la vida", dice el Dr. Resneck. "La buena noticia es que hay muchas maneras en que puede tomar el control de su presión arterial y de su salud".



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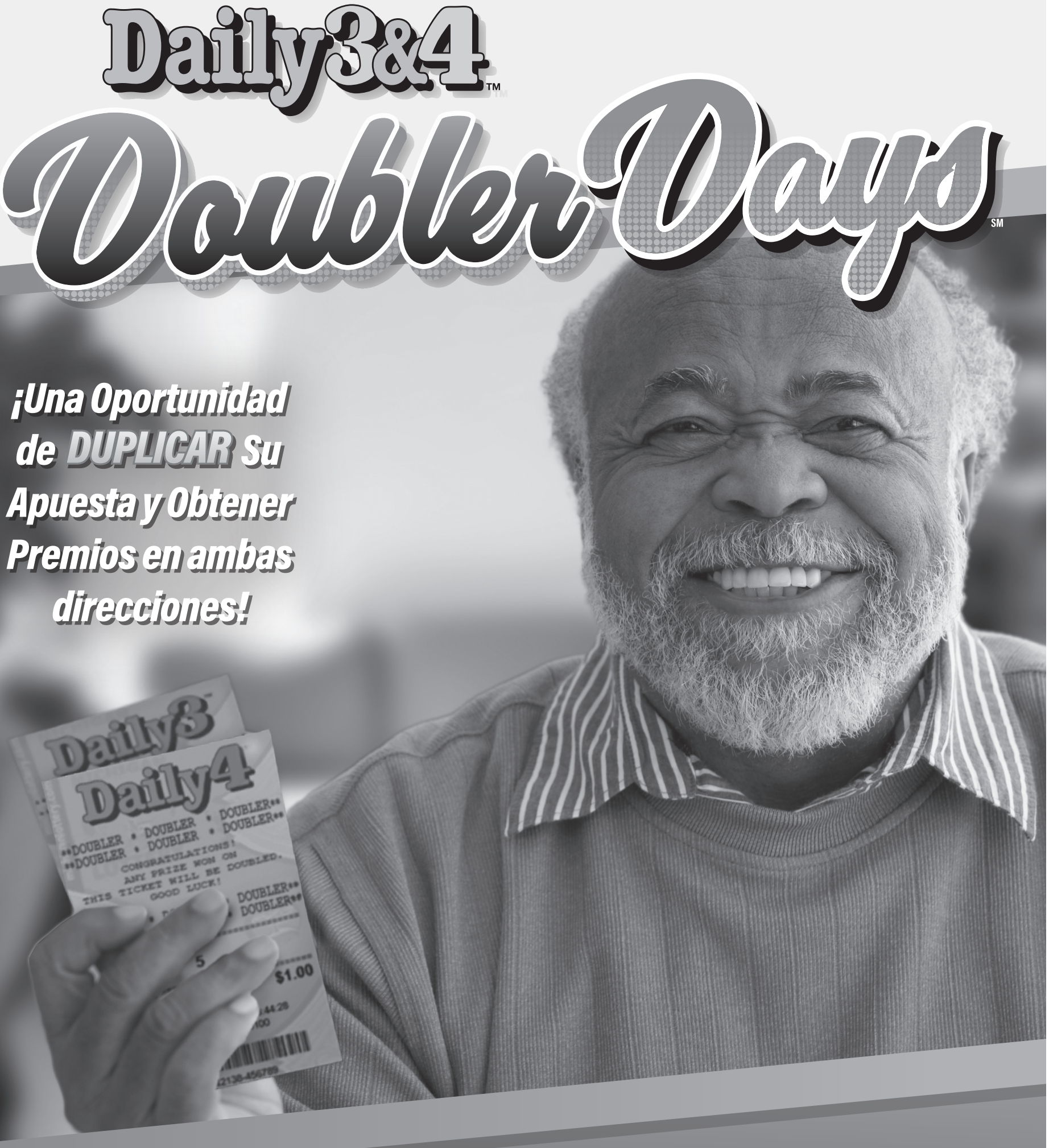

Ahora, por tiempo limitado en Marzo, los boletos al azar de 3 y 4 casillas diarias y de 2 direcciones (derecha-izquierda) se imprimirán con un mensaje **DOBLE**.
Los afortunados jugadores con estos boletos duplicarán sus ganancias. Los sorteos son dos veces al día, los siete días de la semana a las 12:59 pm y a las 7:29 pm. Visite su vendedor minorista de Lotería favorito y juegue Daily 3&4 hoy. ¿Cuál es su número?

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Matt Elliott
Presidente de Bank of America en Detroit

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